

Family Conflict Reduction

Conflict reduction focused therapy explores the needs of each involved so those in conflict are more likely to arrive at a mutually beneficial understanding. This type of counseling works well with spouses, parents, and co-parents. Family Conflict Reduction Counseling can also help parents set boundaries for teenagers while respecting the growing independence needed at this stage of development.

***As safety is paramount to the work we do, Solid Ground will not perform joint conflict reduction therapy for couples with a history of domestic violence. However, Solid Ground does offer domestic violence offender treatment for those who struggle with the desire to have power and control over their partner.**

Parenting After Divorce

Solid Ground uses the Crossroads Curriculum to minimize divorce abuse and promote cooperative co-parenting. There is a 4 hour course available which can be done individually or in a group setting. Topics Include: Keeping your child out of the middle; Allowing your child to love both parents; Working on your own recovery; Developing new communication skills; and Creating a new relationship as co-parents

Addiction Recovery Support

While Solid Ground does not currently have a formal addiction treatment program, there are various programs available to individuals and families affected by substance use. Solid Ground also has two Licensed Addiction Counselors who can connect clients to out-patient and/or in patient treatment if needed. Counselors can also assist individuals with confronting a loved one about their substance use.

***Behavioral Couples Therapy for Substance Use** can be used during couples counseling to reduce relationship distress while building a relationship that supports abstinence, thus lessening the risk for relapse.

***Family Behavior Therapy** encourages parents to attend therapy sessions with their adolescent who is at risk due to their use of alcohol or other drugs. This material assists counselors and parents in addressing their concerns about teen substance use.

***Seeking Safety** is a trauma treatment program for those with addictions. This treatment uses trauma symptom reduction techniques and substance abuse recovery techniques together to decrease anxiety and other symptoms of traumatic events, thus maximizing the participant's ability to refrain from using substances.

Solid Ground Counseling Center

*Strengthening Individuals
and Families through Private
Solution Focused Programs*

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- Assisting individuals in improving quality of life through goal setting and exploring options
- Providing individual, couples, family and group counseling
- Counseling focused on trauma recovery, grief, parenting, conflict reduction as well as other mental health issues
- Support for those affected by substance use
- Evening and weekend appointments available
- Faith influenced counseling available upon request

Goal Setting and Exploring Options Program

This program is designed for those who want to make changes in their life but are unsure how to accomplish what they need. Participants attend 1-3 private sessions used to explore options and set goals. Examples include:

- "I am thinking about going back to school but am not sure it is a good idea."*
- "My family is struggling with whether or not we should move."*
- "I am having a conflict with a co-worker. I need a safe place to vent and ideas on how to address it."*
- "My teenager may be using illegal drugs but I am not sure. What can I do?"*
- "I am recently divorced and feel very isolated. Is counseling right for me?"*
- "Is what I am feeling 'normal' or should I be worried?"*

Sessions are \$30 each and are not covered by insurance. These sessions are confidential but do not involve diagnosing mental health issues. They provide an avenue to learn about resources available in the community and whether or not counseling is appropriate for an individual or family. They are solution focused and goal oriented.

Confidential Counseling Program

Solid Ground offers confidential counseling services by a Licensed Professional Counselor.

These sessions can include:

- *Mental health evaluations and treatment
- *Coping skills for depression and anxiety
- *Sleep issues and nightmare re-scripting
- *Individual counseling sessions
- *Family counseling sessions
- *Couples counseling sessions
- *Group therapy
- *Cognitive Processing for treatment of trauma and Posttraumatic Stress Disorder
- *Addressing grief issues through counseling
- *Regaining a sense of self after divorce
- *Conflict reduction focused therapy
- *Support for those affected by substance use
- *Parenting plans for addressing the needs of children and teens
- *Insurance is accepted for counseling sessions depending upon the specific insurance plan. However, fees can be adjusted according to the individual situation. Please call for additional information.



Kim L. Bowers – LPC, LAC

Licensed Professional Counselor
Licensed Addiction Counselor

Bachelor Degree in Rehabilitation Services
Masters Degree in Professional Counseling

Specialized Training and Experience:

Domestic Relations Mediation
Home Based Family Therapy
Cognitive Processing
Addressing Suicidal Behaviors
Former Sexual Assault Victim Advocate
Former Domestic Violence Victim Advocate
Trauma recovery and Transformation
Domestic Violence Offender Assessments
Treatment for Domestic Violence Offenders
Seeking Safety Facilitator
Experience Working with At Risk Teens
Assessment and Treatment of Depression
Domestic Violence Instructor Training
Children Dealing With Grief and Trauma
Counseling Boys and Men – Past Presenter

"I am committed to brief, solution focused therapy offered in a private setting. Due to their work schedule, Friday sessions are most often reserved for Wolf Creek employees and their families. However, evening and weekend appointments are available upon request."